REAL GOAT

It Was Built to Buck Daylights Out of a Man.

CLAIM

Set Up By a Man Who Was Made to Ride It.

a tantillaing mystery to those outside the

have been asked by thousands of men by goat-riding such as Ir. Mitchell had and women, and have always remained experienced. manustrered-tenti new.

in a buil made to perform for judge and

Mr. Muchell value the animal "the Wild beld the contrary view. Wangamanucless of the Woodmon of times and asked all manner of questions, the World," being rather facctions, despite the gravity of his injuries, and his craft works and is yet undecided. urs, nithough when twoole are in they cut it off with a "Wang While not a true Espectooleum, the anietween the Rapidtoodleum and the

con be no question its canneity to buck. In this respect it would make a bad bronchs were with envy Mr Mitchell and his lawyers, G. S. Hart and James doubt upon the injuries indicast upon the plaintiff in the action against the Woodmen. On the other hand, H. C. Braun, of Omnha, general cousul for the Supreme Court of the Woodmen of the World, and placesoriate compact, Finley & Brice, of Yarkville, may time Mr. Mitchell wasn't hurs at all-that is parallelly. There does not soom to be any doubt that his feelings

Mr. Mitchell says that when presented himself for inditation into Hickory Camp. healthy man. But after his encounter with Wang he was a physical wreck, His !

earn Communicat of the Woodmen, came

Neturally, Mr. Mitchell went on the stand in his own behalf. He said that he had been induced to make application to bein the erder by W. T. Slaughter.

PRINCE HENRY AND ORATORY.

part with all his might, energy and a of the United States who accompanied hand explained and a paddle struck him Primes Henry on his tour of this country, from behind. Mr. Mitthell was one of appeared in the entry smoking a cigarfrom behind. Mr. Minthell was one of appeared in the entry smoking a cigar, the opinion that he was made to spanic After Col. Bingham had once or twice

told that be must show his aliflity to

extise he was still blindfolded. But he ro thing of first and blood sould from

and covaried in a way that no thing of power of the most trust was broken, and first and blood could hep to exact. Mr. be had to sell at a racrifice, On his return both to prove the majority of the population is white, and both to sell at a racrifice. On his return both on a satisfical friend remarked: You for in Mr. Muchell's howle. He had been "Well, I had the company of the hogs all Enstative, and in Aruba, Bensire, and

Mr. Mitchell had compellately secured a spectability.-Buffale Express (Rep.) to here I gas t sit up. The arimal kept limitain's control of sea power has made to have a finite to them her practically the world's arbiter. The house on, so all the Sahana lies at an conditions are charging however. The conditions are charging however.

his bud and remained there for three time appeared an indefinite distance off. ed so, until some day the victims of a

Write be produced in court. The Wood strictly up-to-date. "You did not sleep security illustrates the apathy that pos-tion were perfectly agreeable and the wild will, his wife told him in the morning. Seems all those that take up their rest-and untamed court was formed in court. The Wood consider the seems all those that passes all those that passes are in deposed in precarious for that harder at a direct as the age. This accomplished, the most passes all those that passes are in the depose in precarious for that harder at a direct as the age. This accomplished, the most passes are in the formed in court. The wood in court. The wood is a followed in the most passes are in the formed in court. The wood is not the passes are in the court of the cour

The wooden body has a think covering night automobile."-Chicago Evening of binek wool and it possesses real borns | Post.

It is mounted on wheels and gands about four feet from the ground. Ithan stirrups and reins. Extending through the body and connecting with the interial mechan ism are two iron bors by which it is possible to make the Wauk go through his wonderful gyrations

Mr. Mitchell's lawyers tried to make the roat perform but they didn't know how. The Wauk remained perfectly calm and sceful under their gingerly manipula ions. Several members of Hickory Camp ffered to show how it was fone

Prof. John W. Lindley rode the Wang and Mesers Leech and Whismhurst made the goat go through fearome stunts it was a tremendous strain on the dig sity of the court, and the court did the only thing possible under the circumstances; it joined in the gales of laughter at the efforts of the dignifed professor to maintain his seat on the back of the Waug.

INJURIES in the end the professor was hursed over the head of the goat with great force, anding in the arms of two men stationed there to catch him

The defense maintained that there really was no danger of a person who reds the Waug II shook him up of course, but no more than it would a mettled and restive horse given to bucking Of course there was no gainsaying the

Forkille, S. C., May 24 -For years the ed on Mr. Mitchell. The most point was connection of the goat with the midlation whether the goat was responsible for it

Dr. J. D. McDowell testified that he performed the operation with the assistance of Dr. J. W. Walber and D. C. does he look like? In he an unimal of flesh | Lerch. He could not swear that the goatriding had resulted in the injury which of a nature that might have been caused

Dr. T. S. Ward who had been Mr. Mit-There actually is such a gest, and he shell's family physician testified that the has been halled into court as an cabitit plaintly had not sent for him after his he sulf was recently brought by Sam- used in the sulf. He had refused to give in the north and ending with Granada the certificate.

Other physicians went upon the stand, Mitchell claims \$5.00 damages from the and for overy one who was of the opinion order while riding the goot during the that the Wang was responsible for Mr. process of his initiation into Hickory Muchell's injuries there was man who

Mr. Mitchell was recalled two or three

MAN'S CALM FORSETFULNESS.

Much has been said of the sudacity of gerous as the slopes of Mont Peles have affords Chustrations of the calm forgetfollows with which the race erects its rises, beautiful and imposing, where a a cataclysm. ridal wave from the Guif, yet the city pursues its daily task, apparently unafraid. Men in bazardous enterprises con tinue in them, because they offer some sperionce necessitated a surgical opera-tion and all the manage in the world would facturing processes that require the constant inhalation of nexicus gases or danthe suit deeply interested strains dusts pay high prices for labor and have no difficulty in obtaining re-We live in unsanitary houses with disease staring at us from every corner, and yet shudder at the fine auriding the cost as a part of the initiation | danity of people who are willing to spend 1. C. Root, of Omahu. Sover-their days beneath the curling smoke of to Yeraville in the interests of the sacred that is the less healthy districts of the Figure 1. They were demons that shipwrecked At- and olso to give some tand drainage deficient and disease germs. They were demons that shipwrecked At- at Yucatan, is an old traveler, speaks not so suitable for many ways of cook- little vinegar to give it seet, or while the substitute for a ment dish in warm

Admiral Bob Evans story of how Prince a persitar significance in the fact that Henry was bored by the postprandial elequence of one of the speakers at the banblesself in the aut-room of the lodge, is by no means the first intimation that where he was followfolded by Sam Lessin, the effects of Paston, orators were not He was led into the field with a man appreciated by the period's party. The But, should these stands be destroyed to the another arm. He was passed about writer was one of a group of newspaper and, in effect, disappear, one cannot continue the most constant form for a while, men who were waiting with the police decive of their places being taken by any the abouts of the members. Presently tailed at the Hotel Somerset for the final There examined you as to your physical departure of the prince, who was scheduled to leave the residence of Mr. Mont. confition and general health, and new genery Scara at 11 o'clock. Newspaper The candidars said he was placed on a fedicus day, when Col. T. A. Bingham, some kind of courrivance, a handle to it. S. A. personal affe to the president part with all his might. There was a cef the United States, who accompanied men and police were alike tired out after | pes God never did; or if he did, the

> toked or his watch impatiently, someone Why don't you hastle him out, Colonel,

we want to get home." you could get someone to shut off some t your long-winded speakers in there, he wheld he only too gind to get started."

NIXON AND THE SWINE.

of motion than he ever know were in pense, bunked in with his live stock. On area of about seven square miles and the world. That good impost and his arrival at market he found that the supporting not more than 1800 inhabi-

street. After he was middler the goat. The metal of this can be best appracla-Tammaby politics, humilated, feeling

IS SEA POWER OBSOLETE? I came here to but the destains factor of the twentieth century Woodmen of the World. If this is what promises to be control of railroad power, a thousand feet. Nine burdred and stary Werld I have enough of the I wouldn't built are completed, the sea power will fown of Bottom above the sea. That is softer this way for all the Woodmen in stump considerably in value. Of course, where the Saba people, most of them live Mr. Mitchell said he midn't know when possessions in Asia and Africa will be higher up among the crass of the vol-ther he fell or was pushed, or what. He

ISLANDS OF

Now Under the Scourge of Volcanic Fire.

Martinique and tts Decadence and attend to the gardens. in Recent Years.

BY FREDERICK A. OBER. Southeast of the Saints and the Vir-Croix; Tortola, Anegada, and Virgin Gorwhich themselves are to the eastward of Porto Rico, ilea a chain of volcanic islands known as the Lesser Antilles. They are included within north latitude 10 and 1 and are arbitrarily di-Do the candidates really ride him, and, made the operation necessary, but he was wided into the 'leeward' and the 'windward islands, the former lying south and the laster to the south of lattude 15 degrees north of the equator. The new moon in her earliest stages describes no more nearly perfect crescent than this "string of emernids on a silver zone" which those prone to alliteration term initiation, although subsequent he had the crescent chain of the Caribees. Each island of this chain, beginning with Saba in the south, is volcanic in character, and the chord of the arc they describe is about three hundred and sixty miles

may be erected upon voicante bases far eneuth. This is the view of the casual traveller merely, and is not put forth as a scientific statement. The geologists and geognostics are now turning their attention thitherward; let us await their They have persistently ignored proved themselves to be. Yet all lilstory these gems of the Caribbean Sea (scientists as a rule having no eye for mere beauty); but now that a convulsion of

"convulsion of nature" once brought un-utterable fright and desciation. The Jap-tain thrown up from the ocean depths anese still crowd the coasts of their tide- the altitudes varying from 2,000 to 5,000 swept Islands and the Chinese huddle feet, and so evidently of volcanic origin along the banks of the Hoang-Ho. It that one may not err in describing them is not two years since Galveston was to old Vulcan, or whomsoever has been overwhelmed by flood, get a new Galves- said to his nefarious work in the lower ton is being built on the dangerous site world. Mountain tops, spires, pinnacles, of the wreckage and the people of the thrust up through the sen, suggest also city are ready to take their chances of a the remains of a lost continent, or, persimilar disaster in the future. There is haps the beginning of a newer one—and absolutely nothing to prevent a second around them we may weave myths not only Antillean, but Atlantean. "Who knows the spot where Atlantis

> sank? Myths of a lovely drowned continent Homeless drift over waters blank; What if these reefs were her monu

Isthmus and cavernous cape may be Her mountain summits escaped from

All the dumb, dim years ere Columbus

The old voyagers said; and it might be Into dream-books of legend, if wonders

At the terror of allence themselves had made.

Well, perhaps so; the poet (in this in-stance a poetess, gifted Lucy Larcom) sometimes hits as near the truth as the man of science. At all events the silence has been disturbed, and most effectually. Atlantis may yet appear, out of the debris of wrecked isles, a resurrected continent, shake its head above the sea, and verify the Piatonian legend.

But, should these slands be destroyed more beautiful. Doubtless God might have made better, and more beautiful isles-to paraphrase good old Walton's remark anent of certain fruit-but doubtwriter never saw them. As every mountain shoots upward abruptly to an altropical, every beautiful aspect of vegctation may be noted here. The sides of each partially submerged volcano, from erater-walls, are hung with richest tapes- while Roseau, the commercial port, is an tries in varying shades of gryon-

forward and buckward, while the Cidri make much out of the venture did sandy complexion, and faxen hair. There is My Muchalla how a few was no small to which the phillisopher replied: They teld me to alt up, sold Mr. Mit-il on the stand.

The first returned from a little journey in of their healthfulness is found in the Tammahy politics, humilated, feeling altitude, at which they live, but one Mitchell had mirredicted accord a speciability—Buffals Express (Rep.) the sea. In fact, when nature made Saba, she forgot to indent the coast-line

mough that the volcano towering above their quaint little town once went on a rampage, and peppered the whole island and surrounding sea until the soil of the former was nearly hidden from sight, and the latter made to boll like a witch's caldron. The Saba people ought to know what volcanic rock and scorine are, of a surety, for they have had painfully clear their lands of both before planting the neat little gardens that surround their

indub table evidence of volcanic action, they will tell you is to be found in the vast depths of crud- suiphur, which is mined out of the cluf's humilreds or feet above the sea and sent down to vessels holds by means of a wire tramway. The highest point occupied by human hebita-tion is about 1,400 feet above the sea level. As there is no harbor in Sabu. so their is no roadway for vehicle or beast of burden, all the freight arriving there PEOPLE WHO LIVE THERE and all the produce shipped thence carried on the backs of men and women. ing the best sallors in the Caribbean, and in their absence the women, girls and boys work the 'provision grounds'

Next neighbor to Saba is the Dutch island of Scint Eustatius better known in that region as Statia. It has seen better days, but could not be more beautifu at least so far as its mountain cone is Southeast of the Saints and the Virgins (Saint Thomas, Saint John, Saint Concerned, which is about 1500 feet in heighth and perfectly symmetrical. The writer once passed a night on the crater brim of Statia's volcana, in order study the nocturnal phenomena, and the next morning descended to the floor of the crater, which is covered with gigantic forest trees. Statia was once very wealthy, but is now poor and forgotten though t is celebrated as the first place in which a foreign power saluted the American flag. It has no harbor, only

Where every island is a perfect gem, a gleantic emerald, embraced by bluest it is most difficult to select that which might be termed the finest; but there is none more attractive from the sea tha Saint Kitts, named by the modest Co He discovered it, as indeed all these is land of the northern Caribbees, in the ward, is a fragmentary chain of isles year 1432. The highest peak in the is and islets which are coralline in structery, which conceals a fine crater in its besom-a crater that has sent out no thing worse than steam and suiphur furnes within the memory of man. stone Hill, a detached peak 760 feet in and called their West Indian Gibraltar. a name now borne by Saint Lucia, to the south of Martinlque. Saint Kitts possesses the richest soil in the West Indies hardly excepting Cuba, yet its dwelling-places on the sites of the most dressiful catastrophes. Vesuvius still are bestirring themselves. Some people smokes over peaceful Naples. Libson appear to be moved by nothing less than are going begging at a shilling a day. are going begging at a shilling a day, methods of cooking are not as numerous the buccaneers. Off its leeward count of this class of food will perimt. a great naval battle was fought between the English and the French. Across a narrow channel crosses the symmetrical ways of croking them, are boiling, peak of Nevis, like Mount Misery, forestcisd and with a fertile, verdant beit varies through all the several degrees of other food. After an exhaustive study of around it. Nevis was the birthplace of good, had and indifferent. There seems the restaurant menu the average traveler Alexander Hamilton and here Lord Nei-son was married. Next south of Nevis performance in this line as there is in eggs. Not an unpulatable or unattrac-lies Montserrat, smaller yet and between regard to the condition and quality of live dish from the hands of a skillful regard. the two islands the great rock of Re-dona, a pinnacle shooting out of the Some a

erous not and mineral springs.

The three islands last named are Britspeaking enthusiastically of its magnin- possibility will explain. In some cases, the egg also a little terragon vinegar, cent forests and waterfalls. The town of the fallure which results in spite of all FROM PEASANT STYLE Point-a-Pitts, the commercial port, has the care of a skillful egg poscher.

the chain, containing grand and gloomy milky. mountains deep gorges, extensive for-ests, waterfalls, hot springs, a "boil-ing lake" in its crater, and many won-letty, so that when it is placed in the bot. Hereve at once and serve from same ders of the faunal and hotaneal wirld, water it sets at once into a round. The writer was the first to photograph, speech-edged white party, just suffithe boiling lake, which is reported again clearly hardened to form a white, transin ebuilition after a period of quiescence lucent jelly, with the yolk showing thin shoots appeared according the range and was perhaps the first North Ameri- through a thin, transparent well. can to live among, and to photograph the Carib Indians of Deminics, has vestiges each partially submerged voiceno, from Prince Ruperts, is unused on account of ferent ideas and likings in regard to the

The northermost of the volcanic islands or to be exact the northwesternmost.

In same may be said of St. Pierre in boiled as they frequently order in They would consider it quite underdone as fact and part of the country of th overn floor nobody knows how many adjacent that fore commerce thither. In part of the early heated through the water with about 1280 of them sticking up above the water. What them sticking up above the water. What nature intended it should become when floor the chain exceeding 190 the chain exceeding 190 thinshed is not evident, for it seems only floor than the commerce thicker. There is a story, often fold in political fluid be was still bland. There is a story, often fold in political fluid be were still bland. There is a story, often fold in political fluid be were still bland. There is a story, often fold in political fluid be were still bland. There is a story, often fold in political fluid be were still bland. There is a story, often fold in political fluid be story, which has a present application and the less of more shall, while the remainder of the white is a fluid of small, while the remainder of more shall, while the remainder of more shall, while the remainder of more shall, while the remainder of more shall as a first of small of the fluid of the shall of the fluid of the story of the fluid of the shall of the fluid of the shall of the fluid of the shall of the fluid of the story of the fluid of the shall of the fluid of the fluid of the shall of the and the country described have been the most discretible while the egg has copiously set forth of late and need not more flavor than anen boiled longer.

dies of French culture and refinement. The home, but unclently: for alas, within the past generation it has tablen from to the past generation it has fellen from in uses, while the hard boil may be non-once proud position. The white inhabitants tinued smill the white passes the hard. have steadily dwiedled-us, indeed, they have in all the islands of the West Indies clastic, shiny stage and both white and yolk reach a granular consistency, which past remind us of what once made the West Indies great. Now that the volume of the less good in taste.

The fact is, while mathematical rules. West indice a second state of the second state of the second seco its schools, seminaries, churches and ing eggs in a laboratory or cooking school and since the fires and horricure of a few years ago sweet Fort de France, poor Marrindoue has fallen far to the reat.

Everybody knows that it was the high-place of Empress I works and high-place of Empress I works and high-place of Empress I works and high-place of Empress I works are the high-place of Empress I work and high-place of Empress I works are the high-place of Empress I work and high-place in the property of the property in the property in continuous and the property in desired factor of the fwentieth century elevation above the sex perfects, of near promises to be control of railroad power. When the various world lines now being built are completed, the sea power will stump considerably in value. Of course, there the Saba people, most of them live the time must come when the British possessations in Asia and Africa will be higher up among the crass of the roll-possessations in Asia and Africa will be higher up among the crass of the roll-possessations in Asia and Africa will be higher up among the crass of the roll-possessations in Asia and Africa will be higher up among the crass of the roll-possessations in Asia and Africa will be higher up among the crass of the roll-possessations in Asia and Africa will be higher up among the crass of the roll-possessations in Asia and Africa will be higher up among the crass of the roll-possessations in Asia and Africa will be higher up among the crass of the roll-possessations in Asia and Africa will be higher up among the crass of the roll-possessations in Asia and Africa will be higher up among the crass of the roll-possessations in Asia and Africa will be higher up among the crass of the roll-possessations in Asia and Africa will be higher up among the crass of the roll-possessations in Asia and Africa will be higher up among the crass of the roll-possessations in Asia and Africa will be higher up among the crass of the roll-possessations in Asia and Africa will be higher up among the crass of the roll-possessations in Asia and Africa will be read to the post considered. The cook days time there have any time post to the factor of Empress Loophine and her first humans the literal post time in the kinetic man timely practical in the literal practical in the literal practical in the liter Mr. Migrifull said be side's know when
there be follow was turbled, or what. He
does know that he went off that goal
to a very great hurry, and that he went
of reliways made that inevitable, but the
straight home applied politics took to

The town of postume at
there be follow was turbled both in the
specially be expansion
to a very great hurry, and that he went
of reliways made that inevitable, but the
straight home applied politics took to

The town of postume at
there exists it is supposed to
the expansion
the went off that goal
there exists. At least it is supposed to
the expansion
of Gaule and Britons, fighting for
the possession of tealing and
the possession of tealing with the gored so, until some day the victims of a
control of the sea will no longer be a
time crater. At least it is supposed to
be extinct, and will probably be consider
the possession of tealing with the gored so, until some day the victims of a
control of the sea will no longer be a
time crater. At least it is supposed to
be extinct, and will probably be consider
the possession of tealing with the gored so, until some day the victims of a
control of the sea will no longer be a
time to be one dencined both in the
possession of feature and Britons, fighting for
the possession of tealing with the gored so, until some day the victims of a
control of the sea will no longer be a
time to be an extended both in the
control of the sea will no longer be a
time to be a control of the sea will be extended both in the
control of the sea will be because it lies at the bottom of an extime to be a control of the sea with the sea will be a
control of the sea will no longer be a
time to be a control of the sea will be a
control of the sea will be control of
the sea will be been dencined both in the
control of the sea will be control
to be a control of the sea will be a
control of the sea will be a control
to be a control of the sea will be a
control of the sea will be a
control of the sea will be a
control of the sea will be a
control of the se of St. Lucia, the leiand next adjacent game of chance in the hands of the aver-acuth, have been drenched both in the the best of remained there are the special parties. The Yanker, in his bests and his billions would be array constituting appeared an indefinite distance off.

The Yanker, in his bests and his billions of short the special operation.

The Yanker, in his bests and his billions of deliars, reckens that it will come early that the real oction of the cratter was follows. From the parties of deliars, reckens that it will come early that the real oction of the cratter was follows. The principal risk to the parties of the parties of

cause they have advantages over others and place over the fire, and a little said blam and figg Tough. Show well continued on Seventeenth Page and vinegar, break an egg carefully into Saily Links. Serve with strumbury sauce.

NATURAL FOOD

builds strong bodies and healthy minds.

Disorgamized food causes weak bodies and weak minds.

Logicians tell us that there can be no physical defect without a corresponding defect mentally. All criminal tendencies come from disorganized minds. Scientists of several nations declare that "what we eat, we are."

SHREDDED WHOLE **BISCUIT**



gives mental as well as physical health because it is a Naturally Organized Food; that is. Contains all the Properties in Correct Proportion necessary for the Complete Nutrition of the human Body and Mind. White flour is a disorganized food because properties in the whole wheat that build strong bodies and minds have been removed from the wheat in making fine white flour.

Soft cooked cereal foods are swallowed without mastication and the teeth are robbed of their natural uses - hence decay. Shredded Whole Wheat Biscuits compel mastication and cause the natural flow of saliva which aids digestion

Shredded Wheat Biscuits are sold by all grocers. "The Vital Question" (sent free) is a hand book of right living:

THE NATURAL FOOD CO..

Niagara Falls, N. Y.

Eagle Table and Kitchen Suggestions What to Eat And How to Prepare Food.

FOOD AKIN TO FISH, FLESH AND FOWL

Although eggs are so universally used

The most common, because considered the most wholesome and convenient posehing and frying, and the result

Some authorities give a high estimate egg a dish easily spoiled. sea. Moniserrat has a fine crater or of the food value of the egg, while others. The ordinary way is to break the egg "soufriere." and before it was devas-hold quite the opposite view, even going into a flat frying pau, allowing the eggs tated by a hurricane a few years ago so far as to consider it very poor adult to spread as they will, this gives them was covered with groves of limes. Nevis food, almost destitute of taste as well the ragged, unsightly appearance, not has no well defined crater, but has num- as lacking in food value, sithough they pleasing to dainty entern. At small cost concede that its organic substance, the one can obtain a pan which has little "phosphorized ingredients" which are wells into which each egg is broken simish, but the island next southerly, Guad-mainly materials intended for the con- flar to the posches; in this way the eggs cloupe is French, and the largest of the struction of the brain and nerves of the are kept in good, shape, preventing the volcanic chain. It really consists of two chick, make suitable, easily (Egested white from thinning out into dry, un-

and the other low and level, a great sug- | tain no starch or sugar and they there- the oven. Do not brown the egg or fry ar-producing country. Our consul at fore combine suitably with articles which it no long long unless you are found of this island Col. L. H. Ayme, who went supply these allinents Eggs are not chewing tough food. A little becaused and promptly to Martinique at the first applied by long keeping, but are not butter may be poured over the eggs as call for assistance, was formerly count nearly as digestible as fresh ones and a sauce, when they are done, adding a This will give one quite a substantial

Condetonpe, is the most picturesque of not over as the very new-laid egg is too green awest proper cut in strips, a pinch

BOILING EGGS

famoy an egg which is properly very soft The same may be said of St. Pierre in boiled us they frequently order it. They In three minutes the white will be com-

The fact is, while mathematical rules

a cup; place the pan where the water will keep below the beiling point; slip in the eggls then break another and quickly add in the same way and continue to add as many as the pan will sold without crowding. Let them stand until the whites are ing. Let them stand until the whites are Fried Chicken set, then piace where the water will come to a boil, then directly remove the cage with a slice or straining ladie; trim the ragged edges; a large cake outter can be First Volume—Conducted by Lida Ames
Willis, Marquette Building Chicago, to
whom all inquiries should be addressed.
All rights reserved by Banning Co.,
Chicago, The eggs may be kept in good shape by
Chicago, The eggs may be kept in good shape by
placing muttin rings in the pan of boiling on a duinty round of nicely toasted bread. The eggs may be kept in good shape by placing multin rings in the pan of boiling water and dropping the eggs into them.

A COMPANY OF COMPANY O

chovy paste or butter, mulroom or Wara simple lunchesp, as they are tasty and quite substantial for a light meal with a cup of coffee or cocoa and a salad.

FRIED EGGS. These are perhaps more frequently colled for by the wayfarer than any cook," but, like the boiled or posched

friere about as high as Mount Misery. Eggs while nitrogenous and faity, consame utensil is used for baking eggs in Mashed Potators, and the other low and level, a great sus- tain no starch or sugar and they there—the oven De not brown the egg or for

EGGS, PEASANT STILE fairly good harbor. One who prides themselves in their art in a baking dish and when boiling but Dominica, about thirty miles scouth of should select eggs that re two drys old, break in enrefully twoive eggs, add a Put half a pint of rich milk or cream of said and cook ten minutes; then set in

The principle of boiling an egg is more butter and two tablespoorfuls of cream ist it stand while preparing the other in

EGGS A LA DARIOLE

Dropped Eggs on Teast. Start
Dropped Eggs on Teast. Start
Dinner. Dinner. Coff
Dinner. Coff
Belled Free! Egg
Botted Rico Zemato Mayennaise.
Strawberry Charlette.
Strawberry Charlette.

Stired Banangs Shredded Deted Reef to Cream, Octman Fried Paratocs, Coffee Presh Fruit DINNER Banana Whip. Coffic | HAT THEFE.

Figh Turbet. Daked Potatoes. Essara and Strawberry Saled. Wafers. Cream of Pos Soup. and Chops. String Soune, udding. Street Commission,

e Curry. Sauce Tartare, Cocumbers and Online. Sine. Cream Sauce, Corn Muffins Sliced Tomatice. DINNER Although eggs are so universally used and hold conspicuous place on every botel and restaurant bill of fare, the methods of cooking are not as numerous.

Cake, methods of cooking are not as numerous. FRIDAY.

BREAKFAST. From. Baked Banamas Bread.
Walderf Coro Bread.
LUNCH.
Mock Bisque.
Mine Toust.
Bu Cucumbers,
Burr Gisigerbraid,
Oered Coffee,
DINNER,
Vegetable Soup,
Mushreem Saues, Not Cannellon.
Corn and Tomato Stew.
String Bean Suiza.
Coffee.

SATURDAY.

Eggs on Toust. Els. LUNCH.
Deviled Crabs.
Asparagus a la Pompadoor,
Cermi Coffee. DINNER.

grewed Frunes, Coffee.

French and Spanish fluently and is much ing them, although for some methods, eggs are conking busts them continually weather. But the assurages until tender; more worth a worthler post than the such as conching, an egg may be too, with the fat in the pan, but do not turn when done, drain, but do not throw the one he has occupied for the last three fresh, when new-laid eggs can be pro- them. A properly fried egg is scarcely water away as it can be used for making years. Guadeloupe was discovered by cured. There is little danger of the city distinguishable from a possible one, eg. I sauce and soup. Lay the asparages on Columbus on his second voyage, in 1932, dwelling having to guard against this copt in flavor. A slice of onion or aprig a heated dish with the tips all one way and he like all voyagers who have come contingency, but quite the reverse of parsity is sometimes put into the pan mash with a little same made of butter, after him, was enamoured of its scenery. However, it is well to know that this and heated with the far to give flavor to have belled the seperague. some plain belied and blanched vice, maid arrange these forms around the boll of negoriague: place is nicely provided bit a trimmed egg on each ice mi

Date Pudding.

Half a pound of thely elegond such the eggs are a guiden color: but not hard, three-quarters of a pound of bound Remove at once and serve from same crumbs, quarter of a pound of stried figur, three-quarters of a pound of sugar SCRAMBLED EGGS WITH CREAM one and one-balf sounds of chepped dates, wit oggre, one post of rolls, min and Beat up four eggs, season with quarter meg grated, three tereproofule of bak of teaspoonful of sair and pipels of cay- ing powder and a run of any tast from some pepper. But a level teaspoonful of joine. Four the jules over the feelt and of the cannibus discovered by Columbus difficult to earry out than its simplicity in frying can and when the butter is gradients him the dry materials together. Committee only good harbor, that of warrants on account of the many difficult pour in the beaton eggs and air add the many difficult to earry before the insalability of the adjacent country, degree to which an egg should be boiled, them and a few mushrooms chapped and the eggs and may. Turn the a greater while Roseau, the commercial part, is an The fact in very few people would fried : few minutes in a little butter. quickly over the fire for several minutes; the fruit, or add the analysis fruit before meld and bell continuously for three hours. Serve with fruit sauce.

INGUINDER ANSWERED 2, D. R. wellow To you not street that one feels stronger on a dirt of most than

Sorry, other foods containing the same imprish-Coffee ing principles?

VIGOR AND MEAT SATING One may feet stranger for the rion to Codes, log, fret as the immediate effect of also without really helps may arrested it is for more beering, sixying qualities, we should divise our foods. And these gust-The Andreas Tollan's chief scholey-wa Ros Bots. On the second, and on the deel in the Comthe meat-enting tourist in a chair on his back." We may draw nor own coolsstone from this statement and many sim-

> PRINCE ALBERT PUDDING. Miss G. H. writer. Kindly give, at your earliest convenience is respe for Python Atherr publing.

> Cream together half a pound of furnisand half a proad of school powdered sogner, twist in; one at a time, the yellor of six aggs; add graved pixt of a bosons Stone built A pound of misses and old them with built a cop of copen out due. Sen half a pound of fine four love or from times and edr in carefully with the whites of size eggs beaten to a stiff from From this mixture late a buttered mould, deported with biggstand almonda und hed continuously for se trust three hours.